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ABSTRACT

Rope skipping contributes to the development of agility, coordination, rhythm, and endurance. It is practical and fun for both sexes. A high degree of motor ability, excellent timing, precision of movement, cooperation, perseverance, and concentration are required. This guide describes rope skipping variations and games, including chants and songs for jumping rope. (CJ)

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TEAM SPORTS - JUMP ROPING

Special Consultants:

Viola Bahls
University of Nebraska-Lincoln

Wauneta Peterson
Lincoln Public Schools
Belmont Elementary School

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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301 Centennia.. Mall South 1978 Lincoln

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FOREWORD

Physical education is an important part of the total education program and can make a great contribution to the lives of our boys and girls. The education of the children of the state, not only for making a living, but for living, requires a well planned health and physical education program.

Children need physical education more today than ever before because of the changes from rural to urban living, automation, less natural play space, crowded schools, the anxieties and pressures of society, and the fast pace of the world in which they live. Elementary children need to build a strong foundation in physical fitness, develop skills in physical activities, cultivate the ability to make social and emotional adjustments and acquire knowledge of the role that health and physical activities play in their lives.

Physical education must help prepare children to live a full and happy life. In some elementary schools in the state, physical education is taught by the classroom teacher. However, many physical education specialists have been added during the past few years.

This guide was prepared by Vi Bahls, Assistant Professor, School of Health, Physical Education, and Recreation, University of Nebraska-Lincoln and Wauneta Peterson, Elementary Physical Education Specialist, Belmont Elementary, Lincoln Public Schools under the supervision of JoAnne Owens, Consultant for Health/Physical Education, Curriculum Division of the Nebraska Department of Education.

The State Department of Education is pleased to present this curriculum guide, which is structured to show a variety of activities by grade level in order to facilitate its use by both the regular classroom teacher and the physical education specialist in preparing a program for the elementary schools of Nebraska.

M. Anne Campbell
Commissioner of Education

JUMP ROPE

Rope skipping contributes to the development of agility, coordination, rhythm, and endurance. It is practical for both boys and girls of all ages. It is an activity consisting of such simple skills that a six-year-old child can experience the thrill of success early in the endeavor, and it also affords such intricate skills that it is a challenge to the professional athlete. Rope skipping to the first grade child is a stunt of jumping over the rope at the correct instant; to the third and fourth grader, it is a continuous activity in which he jumps to a rhyme showing adeptness in performing unusual and difficult stunts; to the older boy and girl, it is an activity that can be made as challenging as desired through elimination tournaments and rhythm routines--with or without music.

Good form consists of feet, ankles, and knees together, head erect, back straight, chest out, and eyes up.

Children should use wrist and elbow motion to turn the rope. The upper arms are close to the sides with the hands eighteen inches from the sides. The hand movement should be in a circle of about five inches in diameter while skipping. These movements should be practiced without the rope.

The teacher may find it helpful at the start to turn the rope. Children must learn to watch for the moment when the rope hits the ground--that is the correct instant for the rope to slide under their feet. Children should be taught to jump on the balls of the feet and push the body straight up--not just bend the knees and lift the feet. They should strive for a low jump about one inch from the floor, just high enough for the rope to slip between the feet and the ground.

With so many interesting rope jumping activities to test one's skill, and with everyone wanting to try them, many ropes are needed. In the mathematic class everyone has a book, pencil, and paper. Similarly, in the rope jumping class provide an individual rope for everyone, and a long rope for every five pupils. The expense is minimal. Use ordinary twelve guage sash cord with a knot in each end to prevent unraveling, or dip ends in melted wax or paint. Be sure the ropes are long enough. (If the ropes are too long the extra rope can be wound around the hand.) If there is a lathe in the school shop, handles may be made and drilled so the rope passes through the handle. Heavier cord is better for accurate swinging and it lasts much longer. For the long ropes use 3/8 inch or larger rope. All 11 inch rope is suitable for primary.children; a 15 inch rope for older children.

Rope skipping is an activity which encourages self-management, self-expressions, and self-improvement. A high degree of motor ability, excellent timing, precision of movement, cooperation, preserverance and concentration are required in order to reach efficiency. Pupils should be encouraged to work out their own drills and combinations, using the simple exercises as a basis. Rope skipping makes an attractive drill for exhibiton. Performers dressed in flashing costumes, using gaily decorated ropes, who execute a variety of stunts, and routines with precision add glamour to any program.

A. Swinging Rope Jump

Two players hold the rope so that it touches the ground midway between them. The third player (jumper) stands in the middle so that the rope is along side his feet. (1) Swing the rope so that it passes over the jumpers head and down toward his feet. (2) The jumper springs into the air and allows the rope to pass beneath his feet.

B. Step Over Skip

(1) Hold rope with loop behind ankles. (2) Swing it over head and step over rope with one foot. (3) Transfer weight to lead foot and lift rear foot as rope swings under. (4) Return weight to rear foot and continue the action.

C. Jump Skip

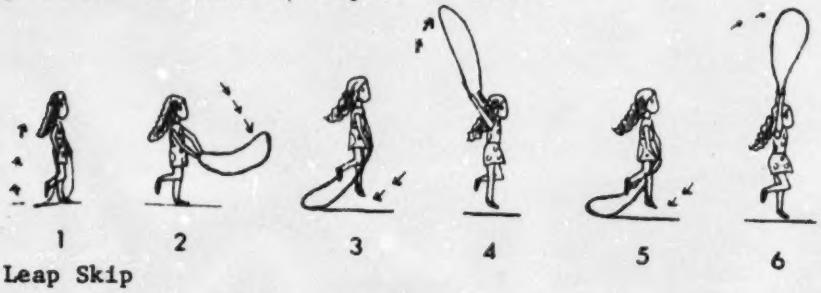
(1) Hold rope with loop behind ankles. (2) Swing rope over head and jump over rope as it passes under feet. (3) Continue this action in time to the music.

D. Rebound Skip

(1) Hold rope with loop behind ankles. (2) Swing rope over head and down toward feet. (3) Jump as rope passes underneath feet. (4) As rope passes over head rebound both feet lightly off the floor. (5) Turn rope again and continue action.

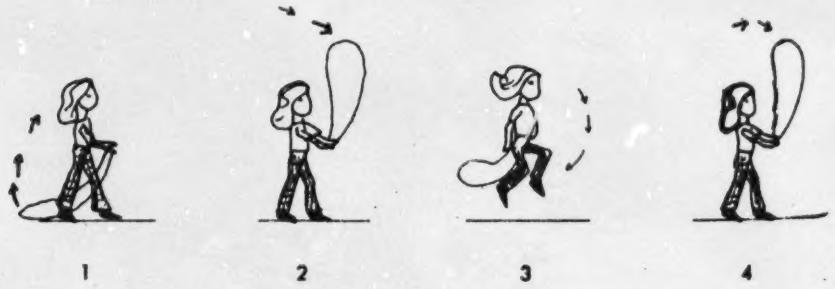
E. Hop Skip

(1) Stand on one foot and hold rope with loop behind ankle. (2) Swing rope over head and down toward foot. (3) Hop over rope. (4) Rebound and repeat action.



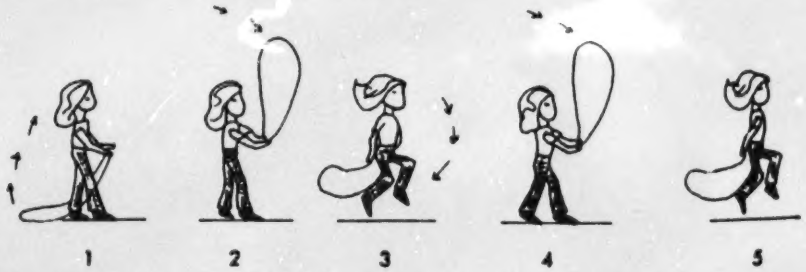
F. Leap Skip

(1) Stand on one foot (left) and hold rope with loop behind ankle. (2) Swing rope over head and down toward foot. (3) Spring over rope, and land on other foot (right). (4) Rebound (on right). (5) Spring over rope again, landing on opposite foot (left). (6) Rebound (on left); continue this action.



G. Stride Skip

(1) Stand with one foot in front of the other and hold rope with loop behind ankle. (2) Swing rope over head and down toward feet. (3) Jump rope, maintaining feet in same alignment, weight equally distributed. (4) Rebound and repeat action.



H. Bleking Skip

(1) Stand with one foot (right) in front of the other and hold rope with loop behind ankle. (2) Swing rope over head and down toward feet. (3) Jump rope changing the front foot and landing

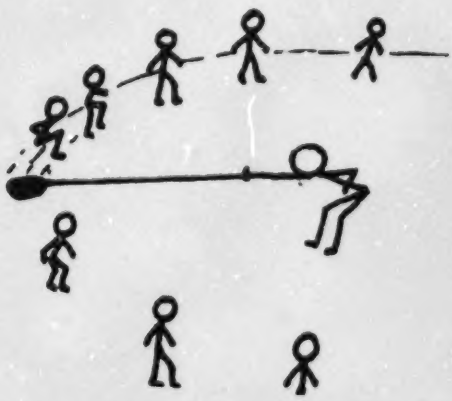
on the other (left). (4) Continue turning and jumping with alternating feet forward.

I. Straddle Skip 1 2 3 4 5

(1) Stand with feet together and hold rope with loop behind ankles. (2) Swing rope over head and down toward feet. (3) Jump as rope passes underneath feet. Land with feet together. (4) As rope passes over head, rebound with feet together. (5) Jump again with feet apart (straddled). (6) Rebound with feet apart as the rope moves over head.

J. Cross Skip 1 2 3 4 5

(1) Stand holding the rope with loop behind ankles. (2) Swing it over head and down toward the feet. (3) Jump rope. (4) Rebound as rope swings up over head; then cross hands and arms at elbows in front of body. (5) Jump rope. (6) Rebound again as rope swings up over head and arms uncross bringing them back to normal position. Repeat sequence.



INDIVIDUAL ROPE SKILLS

Basic Skills

Put a rope on the floor. The children jump over it; i.e., stand with face to rope, feet together, jump across rope and return to starting position. Practice this with the caution to jump slowly.

Rocker—Turn rope forward, leap forward on one foot; leap backward on to the other foot.

Turn Rope Forward:

1. Jump on toes of both feet
2. Jump on toes of right foot
3. Jump on toes of left foot
4. Jump first on right foot, then on left (alternate feet)
5. Progress forward in a run
6. Progress forward in a skip

Turn Rope Backward:

1. Jump on toes of both feet
2. Jump on toes of right foot
3. Jump on toes of left foot
4. Jump on alternate feet
5. Progress backward in a run
6. Progress backward in a skip

Advanced Skills

1. Cradling - Swing the rope backward and forward under the feet.
2. Feet Crossed - Turn rope forward, jump and land with feet crossed, alternating the position of feet on each jump.
3. Balance on One Foot - Turn rope forward, hold one leg high, knee straight, toes pointed, jump on other foot.
4. Same as number 4, but throw raised leg forward on one jump and backward on the next jump.
5. Double Jump Forward - The student makes two jumps to each turn of the rope. (One jump is made while the rope is over head.)
6. Figure 8 - Swing the rope in front and side of body to form a figure 8. (Alternate this with a regular jump.)
7. Heel Clicks - Turn rope forward, click heels together while in the air.
8. Double Turn Jump - Turn rope forward, twice on each jump. (This necessitates very very fast turning.)
9. Cross Skip - See Illustration I.
10. Bleking Skip - See Illustration H.
11. Sideward Jump - Turn rope forward, move sideward right (or left) on each jump.
12. Circular Jump - Grasp both ends of the rope in one hand and swing rope in a circular path near ground or floor and jump the rope.
    a. Jump rope so it passes under both feet.
    b. Jump with right or left foot.
    c. Same as a, b, and c turning the rope in a counterclockwise direction.

INDIVIDUAL ROPE PARTNERS JUMPING

1. Number 1 turns rope forward, number 2 runs in, faces his partner, and both jump.
2. Same as number 1 but turn rope backward.
3. Number one turns rope forward, number 2 runs in, turns his back to partner.

4. Number 1 turns rope forward, number 2 runs in behind partner.
5. Partners stand side by side, inside hands joined, outside hands turning.
6. Number 1 turns rope forward, number 2 runs in, faces number 1 and executes quarter, half, or full turn on each jump.
7. Number 1 turns rope forward, number 2 runs in turns back to number 1 and bounces a ball.
8. Partners stand side by side, clasp left hands, face opposite directions, and each turns a rope in the right hand. (For one, the rope will be turning forward, for the other it will be turning backward.)
9. Same as number 8 but clasp right hands.
10. Jumpers stand back to back and each turns a rope end in right hand.
11. Same as number 10 but turns rope with left hand.
12. Turn rope forward, partner runs in and jumps clasping one ankle while jumping.
13. Partners stand side by side, jump with inside knees raised.
14. Three partners: number 1 rope forward, number 2 runs in front, number 3 runs in behind, and all three jump the rope.
15. Each partner has a single rope. Jumpers face each other and jump over both ropes at the same time. (One student turns rope forward, one turns backward.)
16. Jump partner's rope. Jump alternately, first over one partner's rope and then the other.

LONG ROPE TWO PUPILS TURNING

1. Hold rope at various heights from ground, students run and jump across rope.
2. Hold two ropes shoulder width apart at same height from ground. Jumpers jump first rope, then second rope.
3. Same as number 1 but one turner sends a "wave" along the rope. (Make it "wiggle" like a snake.)
4. Same as number 2 but each turner sends a "wave" along the rope. (Make it "wiggle" like a snake.)
5. Same as number 1 but turners swing rope back and forth near ground. Each time all the jumpers complete trial, the rope is raised higher.
6. Build a house. Rope is held a few inches above the ground. Each time all the jumpers complete a trial, the rope is raised higher.
7. With arms stretched sideward, hold two ropes, the rope nearer the children is held low, the other rope is held higher. Students jump low rope and run under high rope.

SKILLS

1. Run through "revolving doors." (When rope is turned forward toward jumpers it is called front door. When it is turned backward away from jumpers it is called back door.)

   a. Run under rope - front door.
   b. Run through front and back doors. (When running through back door student just makes one jump.)
   c. Run in (front door) jump once and run out.
   d. Increase to any number of jumps.
   e. Run in back door jump once and run out.
   f. Increase to any definite number of jumps.
   g. Run in front door and jump on one foot.

h. Run in front door and jump on alternate feet.
i. Increase to any definite number of jumps but progress toward one end of the rope; necessitating high jumps each time (climb ladder).
j. Increase to any definite number of jumps but do 1/4, 1/2, 3/4, and full turns in the air on each jump.
k. Run in - jump 10 counts and run out on opposite side.
l. Run in - jump 10 counts and run out on same side entered from.
m. Touch floor with hands on every other jump.
n. Partners hold inside hands - run in and jump as in k and l.
o. Partners run in - jump back to back and both "climb ladder," as in i.
p. Partners facing while jumping pass each other.
q. Sparrow hop. Jump rope in squat position.
r. Bucking Broncho. Position: On all fours - hands clear rope first then the feet as the broncho "bucks".
s. Place hands on hips, raise one leg keeping knee straight and toe pointed, then jump on the other foot.
t. Jump in air - feet forward and touch toes with finger tips (Pike).
u. Position: On all fours facing one turner - jump on hands and feet (all fours).
v. Forward roll over turning rope, then a backward roll over turning rope.
w. Figure Eight: Students line up behind one turner. Students nearer rope runs in, jumps once, runs out and lines up behind other turner. In the meantime, the next student has entered - and so on - the rope is never empty. When all are through, first jumper returns and others follow. This is a continuous process and the completed pattern forms a figure eight.
x. Numbers 1 and 2 start turning rope. Number 1 holding rope in left hand runs around a small semicircle counterclockwise, and jumps the rope without changing the rhythm.

2. Paired Jumpers

a. Minuet turn. Partners run in holding inside hands. Holding hands high, one makes an eighth, and full turn under the arm of the other.
b. Partners run in, face each other, raise their right ankles to partner's right hand, and jump on left foot.
c. Wring the dish rag. Partners run in face each other and clasp hands. They jump making continuous turns under their arms.
d. Partners run, face each other and place hands on each other's shoulders, then kick alternate legs high as they jump. Others may stand behind each jumper and kick as the leader does.
e. Partners pass or bounce a ball to each other. Both may be "in" rope or one "in" and the other "out".
f. Merry-go-round. Six jumpers enter the rope together and form a circle by clasping hands. As the rope swings, each one jumps to the right so that jumpers move in a circle. (Two may enter the middle of the circle as jumpers, and clasping hands jump to the left as the others move to the right.

TWO LONG ROPES TWO TURNERS

1. Double Dutch - two ropes are turned alternately, rope nearer the jumper is turned front door; rope away from jumper is turned back door.
2. Double Irish - two ropes are turned alternately, ropes being turned away from the jumpers. Just the opposite of Dutch Double.
3. Egg Beater - four turners - two large ropes are turned at right angles, simultaneously.
4. Jump the Shot - use a 3/4 inch rope 10 to 14 feet long. If heavy rope is not available, tie a knotted towel on the end of the lighter rope. Pupils in a large circle, one in center swings rope close to floor. To prevent dizziness have the student alternate hands instead of twirling around in a circle. As soon as path of rope is determined, pupils move in and jump the end of the rope as it moves past. Anyone hit by the rope on the foot is out. Last one to remain is the winner

Example

Jump Rope Routine

Supplies: Two 15-foot ropes, one nine-foot rope, one soccer ball, and one rock

No. of Players: Four to six

A jump rope routine is a good method of testing the skills of the players and may be used in tournament play.

Players jump two events each turn until all events have been jumped or until all contestants have missed. Jumping two events at one time eliminates overfatigue and undue strain.

The following routine is suggested:

Run in "front door" and jump five times.
Run in "back door" and jump five times.
Run in, drop a rock, pick it up, and run out.
Run in, bounce a ball fives times, and run out.
Run in, toss a ball and catch it fives times, and run out.
Run in, jump with an individual rope once while the big rope turns once.
Run in, jump with an individual rope twice while the big rope turns once.
Run in, jump Double Dutch fives times, and run out.

Run in, jump the Egg Beater five times, and run out.
Run in, jump with an individual rope while jumping Double Dutch five times, and run out.

RHYMES FOR ACCURACY

When rhymes for accuracy are used, the number of jumps should be limited to twenty-five.

Lady, lady at the gate
Eating cherries from a plate.
How many cherries did she eat?
1, 2, 3, etc.
(The child's name may be substituted for Lady, lady.)

Down by the river, down by the sea,
Johnny broke a milk bottle and blamed it on me.
I told Ma, Ma told Pa,
Johnny got a licking, so ha, ha, ha.
How many lickings did he get?
1, 2, 3, 4, 5, etc.

Johnny McCarthy sat on a pin.
How many inches did it go in?
1, 2, 3, 4, 5, etc.

Georgy Porgy, puddin' and pie,
Kissed the girls and made them cry,
How many kisses did he give?
1, 2, 3, 4, 5, etc.

I asked my father for fifteen cents
To see the monkey jump the fence.
She jumped so high she reached the sky
And didn't come back till the last of July.

My Mother, your Mother, lives across the way.
Every night they have a fight,
And this is what they say.
"Icka tacka soda cracker
Icka tacka boo
Icka backa soda cracker
Out goes you."

I was born in a frying pan,
I want to know how old I am.
1, 2, 3, 4, 5, etc.

Chickity, chickity, chop
How many times before I stop?
1, 2, 3, 4, 5, etc.

One, two, buckle my shoe
Three, four, shut the door
Five, six, pick up sticks
Seven, eight, lay them straight
Nine, ten, big fat hen
Eleven, tweleve, bake her well. (Count 1, 2, 3)

Down in the meadow
When the green grass grows
There sat Mary (name of jumper)
As sweet as a rose.
She sang and she sang
And she sang so sweet
Along came Joe (boy friend)
And kissed her on the cheek.
How many kisses did she get? (Count)

Bubble gum, bubble gum,
Chew and blow.
Bubble gum, bubble gum,
Scrape your toe.
Bubble gum, bubble gum,
Tastes so sweet.
Get that bubble gum off your feet. (Runs out)

Momma, momma, I am sick
Call the doctor quick, quick, quick.
How many pills must I take? (Count 1, 2, 3, until misses)

Ice cream soda
Delaware punch
Tell me the name
Of your honey bunch.
Alphabet a, b, c, etc.
(When jumper misses she names a boy to take her place whose name begins with the letter on which she missed.)

Charlie Chaplin went to France
To teach the girls the hula dance.
This is the way he taught them how,
Heel, toe, around you go.
Heel, toe, around you go.
Salute to the captain.
Bow to the king.
Meet at the station at 3:15.

I love coffee, I love tea.
I love _____ to jump with me.

Mama, Mama, I am sick
Send for a doctor, quick, quick, quick
Mama, Mama, turn around
Mama, Mama, touch the ground
Mama, Mama, are you game?
Mama, Mama, spell your name.

House for rent
Inquire within,
When I move out
Let _____ move in.

(Tune: Tramp, Tramp, Tramp)

Vote, vote, vote for ___(1)___.
Here comes ____(2)____ in the door.
___(2)___ is a lady that we really ought to know.
So we don't need ___(1)___ any more.

One and one are two.
Two and two are four.
Four and four are eight.
Now it's time for spelling.
C-A-T spells cat,
D-O-G spells dog,
O-U-T spells out,
And out goes you.

Blue bells, cockleshells
Easy, easy over,
Here comes the teacher with a big, bad stick,
Now it's time for arithmetic.

(Rope is swung from side to side on the first two lines. It is turned over head on the last ten lines.)

Mother, mother, I am ill,
Send for the doctor over the hill.
In comes the doctor, in comes the nurse,
In comes the lady with the alligator purse.
"Measles!" says the doctor; "Measles!" says the nurse.
"Measles!" says the lady with the alligator purse.
Out goes the doctor; out goes the nurse,
Out goes the lady with the alligator purse.

Teddie Bear, Teddie Bear
Turn around
Teddie Bear, Teddie Bear
Touch the ground
Teddie Bear, Teddie Bear
Go upstairs (jumps toward head of rope)
Teddie Bear, Teddie Bear
Say your prayers
Teddie Bear, Teddie Bear
Turn out the light
Teddie Bear, Teddie Bear
Say good night.

Cinderella dressed in yellow
Went upstairs to kiss her fellow
How many kisses did she get? (Count 1, 2, 3, until misses)
Cinderella dressed in green
Went upstairs to eat ice cream
How many spoonfuls did she eat? (Count jumps 1, 2, 3)
Cinderella dressed in black
Went upstairs and sat on a tack
How many stitches did it take? (Count jumps 1, 2, 3)

Donald Duck is a one-legged duck (Hop on one foot)
Donald Duck is a two-legged duck (Hop on two feet)
Donald Duck is a three-legged duck (Jump and place one hand on floor)
Donald Duck is a four-legged duck (Jump and place two hands on floor)

Buster Brown went to town
With his britches upside down.

Not last night but the night before
Twenty-four robbers came knocking at my door.
I ran out and they ran in
And this is the song they sang to me:
Spanish dancer, do a split
Spanish dancer, do a high kick
Spanish dancer, turn around
Spanish dancer, touch the ground
Spanish dancer, do the kangaroo (squat and jump)
Spanish dancer, skit, skat, skidoo!

The Jackson Five went to France
To teach the children how to dance
A heel and a toe and around you go.
A heel and a toe and around I go.
Salute to the Captain,
Bow to the King,
Turn your back on the Ugly Ole Queen.
(Run out back door.)

Mother, Mother, I am able
To stand on a chair and set the table,
Daughter, daughter, don't forget
Salt, vinegar, mustard, pepper,
Cedar, cider red hot pepper.

Had a little radio
Put it in free
Only station I could get
Was W-Z-B.
(Hot pepper until jumper misses.)

_____, _____ with a curl
Will you jump as my best girl?
Slow at first, now that's the way,
On we go to the break of day.

"Fire, Fire!" says Mr. McGuire.
"Where, Where?" says Mr. O'Dare.
"At the barn," says Mr. Karn,
And it burns hotter, hotter, hotter, etc.

Mable, Mable
Set the table
And don't forget
The Red Hot Pepper.

Out rolled a nickel
He bought a pickle
The pickle was sour
He bought some flour
The flour was yellow
He bought him a fellow
The fellow was mean
He bought a bean
The bean was hard
He bought a card
And on the card
It said, Red Hot Peppers.

Chase

No. of Players: Four to six Grade levels: 4-6

This game is played in couples. One person is "IT" and chases the other person, who is the jumper. The jumper follows a figure eight pattern; i.e., he runs in, jumps once, runs out and around turner Number 1, runs in again jumps once, runs out and around turner Number 2.

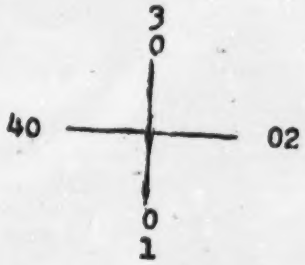
"IT" starts as soon as the jumper has run in and jumped once. He must follow the same pattern as the jumper. The game continues until the jumper is caught. "IT" becomes the jumper, and the next person in line is the new "IT".

Star

No. of Players: Five to eight Grade levels: 4-6
Supplies: Two ropes

Four people turn the ropes. The ropes cross at the center as shown in the diagram. On a signal, all four turners start to turn. The jumper runs into the center (the place where the ropes cross each other) and jumps. When he misses, he takes one end of the rope.

Star jump is easily performed after the turners have had a little practice in turning. It makes an interesting event for school programs.



Running Water

No. of Players: Three to five Grade levels: 3-6
Supplies: One rope

The jumper stands close to the still rope with his feet together and faces one of the turners. The rope is swung from side to side but not over the head of the jumper. The jumper gives a big jump with feet together as

as the rope comes toward him and a little jump or bounce in place before he jumps the rope the second time. Staying within a small rectangular area drawn on the ground will prevent the jumper from working up toward the turner and from taking too wide a jump.

School

No. of Players: Four to ten Grade levels: 3-6
Supplies: One rope

This game is a good game to play where there are more than five players but only one rope. Beginning with kindergarten, the first player runs through the rope without jumping. The other jumpers follow in turn. The first player is now ready for the first grade; so he must run in, jump once, and run out without missing or being caught (cowcatcher). The other players follow in turn. Whenever it is Number 1's turn, he adds one more jump as he passes through each successive grade until he has completed college. If a player misses, he becomes a turner, and the turner starts to school beginning with kindergarten.

AUDIO-VISUAL AIDS

1. Book - Rope Skipping, Rhythms, and Routines by Paul Smith, Educational Activities Co., Freeport, Long Island.

2. Film - "Rope Jumping," Films Inc., 1144 Wilmetta Ave., Wilmetta, Illinois 60091. (16 mm. Sound/Color, 12 minutes - $5.25, 1968 Production)

3. Record - "Rope Skipping," Educational Activities Co., Freeport, Long Island.

4. Record - "Rope Jumping and Ball Handling," by David G. Rambaugh, Bowmar Record Inc., 622 Rodier Drive, Glendale, California 91201 (Record B-2058 LP).

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